



COMMON AILMENTS AND HOW TO CURE THEM

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Common Ailments and how to Cure them.

HEALTH and Strength that comes from health is what this book offers to all its readers. The following pages contain a list of the symptoms of the Common Ailments which so frequently afflict Canadian people, and they tell how these ailments can be surely and cheaply cured. The proof offered is the word of those who have suffered from the various ailments due to poor blood or weak nerves, and who have been cured by DR. WILLIAMS' PINK PILLS FOR PALE PEOPLE. This is the best, the strongest proof that can be given.

It should be borne in mind that DR. WILLIAMS' PINK PILLS are not a purgative or opening medicine. They are a tonic, a blood builder, and a nerve restorer. They actually **make** new, rich, red blood; they stimulate the nerves and in this way reach the root of the disease and drive it from the system. These pills have a larger sale than any other medicine in the world, and this sale is due entirely to the merits of the medicine and cures it has made—often after all other remedies have failed.

It has been proved in thousands of cases that DR. WILLIAMS' PINK PILLS will cure the following ailments:—

Poor and Watery Blood,
Anæmia,
Chlorosis or Green Sickness
Dizziness,
Palpitation of the Heart.
Nervous Headache,
Loss of Appetite,
Indigestion and Dyspepsia,
After Effects of the Grip,
Eruptions and Pimples,
Sick Headache,
Pale or Sallow Complexion,
Swelling of Hands or Feet,
General Debility,
Swelled Glands,

Scrofula,
Fever Sores,
Rickets,
After Effects of Acute Diseases, such as Fevers, etc.
All Female Weakness,
Depression of Spirits,
Insomnia or Loss of Sleep,
General Muscular Weakness
Shortness of Breath on Slight Exertion,
Spinal Troubles,
Partial Paralysis,
Locomotor Ataxia,
Sciatica,

Chronic or Acute Rheumatism,
Neuralgia,
Chronic Erysipelas,
Catarrh of the Stomach,
Nervous Fits,
St. Vitus' Dance,
Tardy or Irregular Periods,
Leucorrhœa,
Suppression of the Menses,
Loss of Vital Forces,
Loss of Memory,
Ringing in the Ears,
Hysteria, etc.

If your dealer does not keep DR. WILLIAMS' PINK PILLS, they will be sent to you by mail, securely packed and postage paid, on receipt of price, 50c. per box, or six boxes for \$2.50, by addressing

The Dr. Williams' Medicine Co.,
BROCKVILLE, ONTARIO.

Common Ailments and Their Symptoms

ANÆMIA—Poorness of blood. The chief symptoms are:—Pallor of the face, indigestion, poor appetite, palpitation of the heart and shortness of breath after slight exertion, languor, low spirits. Avoid purgative medicines. The only medicine really valuable is Dr. Williams' Pink Pills, which have cured thousands of severe cases. Anæmia, if not checked, may become consumption.

BILIOUSNESS AND SICK HEADACHE—A dull pain in the head, aggravated by stooping forward, yellow skin, yellowness in the whites of the eyes, nausea, shivering and goose-flesh, often a result of indiscretions in diet. To cure it a few doses of opening medicine may be necessary, but this treatment alone will not effect a cure, it must be followed by a course of Dr. Williams' Pink Pills to prevent the return of the disease.

BRONCHITIS AND ASTHMA—Inflammation of the breathing tubes, indicated by coughing and spitting. Correspondents report that Dr. Williams' Pink Pills, though not originally recommended for bronchitis, have cured it. This is due to their strengthening properties. Asthma is characterized by difficulty in expelling the breath, by wheezing, coughing, and sudden and severe choking fits, usually at night. The acute attacks are best relieved by inhalation of tobacco smoke; but the foundation of the disease is nervous, and Dr. Williams' Pink Pills, acting as a nerve tonic, have effected many cures.

CONSUMPTION—A wasting disease of the lungs. The patient is thin, or losing weight; sometimes spits blood; is weak, languid and pale; has slight feverishness, shortness of breath, pain in the chest, and profuse perspiration, especially at night. Abundance of fresh air (the patient to be well wrapped up to avoid cold) is a great source of relief. Try to sleep at night with a widely-opened window. Consumption is commonly regarded as incurable by ordinary medicine; it has been frequently cured by Dr. Williams' Pink Pills, *when taken in time*. When neglected, consumption invariably causes death.

DEBILITY—Weakness of the muscles and spine, lack of vigor, nervousness. All signs that a tonic is needed. Dr. Williams' Pink Pills are the only true tonic.

"DECLINE"—A gradual decay of strength, loss of appetite, inability to derive benefit from food eaten, pale or sallow skin, muscular weakness, a condition of not being well, without any specific pain, gradual fading away until death overtakes the patient. This frequently supervenes in cases of neglected anæmia. It arises from deficiency of blood. Eat fresh fruit (well chewing it) and green vegetables, sit in the sunlight out of doors as much as possible, and build up the body by taking Dr. Williams' Pink Pills, which cure decline by putting new, rich blood into the veins.

FITS, EPILEPTIC—Do not take weakening saline medicines. Dr. Williams' Pink Pills have cured many cases of fits by strengthening the system and enabling it thus to resist the progress of the disease. A wholesome diet is advisable, with very little meat. Keep quiet and take plenty of rest. Avoid stimulants.

GASTRIC ULCER—An ulcerated condition of the lining of the stomach, resulting from neglected dyspepsia (indigestion) and giving rise to aggravated symptoms of the same—vomiting, sometimes blood, great pain, especially after eating, and inability to retain food on the stomach. This most serious disease has been repeatedly cured by Dr. Williams' Pink Pills. Take care to avoid indigestible foods, as pork, cheese, etc. Eat sparingly of plain food.

HEART TROUBLE may show itself in two ways, both of which have been cured by Dr. Williams' Pink Pills. The pulse may be slow and feeble (anything under 70 to the minute is too slow), there may be intermission of a beat, occasionally fainting, giddiness and sick feeling. The other form of heart disease is manifested by the pulse being too quick, violent throbbing (especially after a slight climb or walking upstairs), pulsating pains in the head, noises in the ears. Live quietly and avoid hurry or bustling about.

INDIGESTION—Pain in the stomach, fullness or distension after meals, wind on the stomach, hiccup and eructation, sickness, bile, distaste for food, a yellow tongue, bad complexion, bad taste in the mouth. These things arise from indigestion and dyspepsia. They have been cured over and over again by Dr. Williams' Pink Pills. Avoid the use of purgative medicines as far as possible, and endeavour to get rid of the cause of the trouble by attention to the food and using Dr. Williams' Pink Pills.

INFLUENZA or la grippe, intense or dull aching in the back and limbs, cold in the head and lungs, fever, debility, afterwards great prostration and depression of the heart, if neglected, rheumatic fever and decline. These various after-effects of influenza are serious; in a great number of cases Dr. Williams' Pink Pills have proved a safeguard.

KIDNEY DISEASE—The presence of which will easily be suspected in the morning owing to one of its characteristic effects, also gives rise to pain in the back; a peculiar dark bulging under the eyes, greyish color of the skin, swelling of the hands and feet. An opening medicine should be used, followed by a course of Dr. Williams' Pink Pills, which cure by directly strengthening the kidneys themselves, and relieving their irritation.

LIVER COMPLAINT—A tendency to bilious attacks and sick headaches. Chronic indigestion, small imaginary floating specks clearly seen before the eyes, especially in the morning, pain between the shoulders, drowsiness, lack of appetite, low spirits, bad temper. To cure it move the bowels freely. The patient should next commence with the use of one of Dr. Williams' Pink Pills after each meal, increased to two at a dose after a week. Very severe and chronic cases have been thus permanently cured.

LOCOMOTOR ATAXY—A kind of paralysis. The symptoms are staggering, and inability to stand erect in the dark, or when the eyes are closed, spinal weakness, loss of control over the muscles, especially of the legs, darting pains in the back, also symptoms like those of "early decay." These lead on to constant and excruciating suffering. Locomotor Ataxy used to be incurable, but Dr. Williams' Pink Pills have cured many severe cases.

NERVOUSNESS—Liability to sudden fright, acute mental distress in the presence of others, an inability to bear noise or worry, this may become almost a disease. Dr. Williams' Pink Pills steady and strengthen the nerves. Do not injure yourself with stimulants, temporary in effect, deadly in result; avoid purgatives. Exercise and out-door games, and cold baths, followed by rubbing the spine, are aids to a cure.

NEURALGIA.—An acute pain, usually in the face or head, following the course of some nerve, violent headache, sharp fleeting pains in the back, all these may be neuralgia. Dr. Williams' Pink Pills cures it.

PARALYSIS—Signs of paralysis, any of the following: Trembling of the hands, which cannot be controlled; sudden loss of power in the arms or limbs, frequently down the whole of one side; staggering; partial or entire inability to use the fingers; distortion of the features; severe pains, like rheumatism; difficulty in speech. For this disorder use Dr. Williams' Pink Pills, which have cured many cases. Avoid all purgatives as much as possible; they are directly injurious. Avoid also worry, hurry, or anxieties. Eat plain food.

RHEUMATISM—Severe pain in the joints or in the muscles—pain aggravated by cold ; often arises from exposure to cold, damp, or from a wetting. Rheumatism may develop into rheumatic fever, and if not checked will occur again and again every winter. Dr. Williams' Pink Pills have, perhaps, cured more cases of rheumatism than of any other disease. Avoid stimulants, especially ale, also very sweet foods. Rub the place where the pain is with a warmed, dry hand, so as to make the skin red. A mustard plaster often gives relief.

RICKETS—A disease of childhood, due to mal-nutrition of the bones. Softness of the bones, indicated by curvature of the spine or limbs ; undue prominence of the belly, wasting of the limbs ; unnatural activity of the intellect ; a peculiar "aged" look in the face. Cure it by improving the blood and imparting strength to the system by Dr. Williams' Pink Pills—for young children, one-third of a pill to a dose ; over ten years, half a pill. Dissolve if necessary.

SCIATICA—Acute darting pain—a pain almost like hot needles—in the hip, down the back of the thigh, extending to the knee, and perhaps to the ankle. The course taken by the pain is often tender to the touch. This painful disorder has been cured in numerous cases by Dr. Williams' Pink Pills.

SKIN ERUPTIONS AND ECZEMA—Skin troubles indicate one of two things—either an impoverished state of the blood or general debility. The blood being impure and heated, inflames the skin, giving rise to blotches, pimples, eczema, boils, or a sallow muddy complexion. Eczema, an eruption of the vesicles or pimples on the skin, without fever, irritation, itching and suppuration. In this and other skin diseases outward applications are of little use ; the blood needs attention. Dr. Williams' Pink Pills, though not a purgative, purify the blood and give it richness and color, at the same time acting as a tonic, cause skin troubles to disappear and give place to a clear, smooth complexion. Use a laxative medicine before commencing the pills.

SPINAL DISEASE—Deformity or weakness of the back, inability to sit up right, a lump forming, abscesses sometimes, a feeling of having no strength in the back, lumbago. Dr. Williams' Pink Pills have special value as a spinal tonic.

ST. VITUS DANCE usually occurs in the young. Irregular and involuntary movements of the arms, legs or head, languidness, trembling of the hands. Sometimes older persons have it. In either case the cure is Dr. Williams' Pink Pills for Pale People, which have restored strength to thousands.

WORDS TO WOMEN—Our correspondence shows that many women suffer greatly at certain times from a pain in the back or side, and a great sense of weakness there. Headaches, sickness, loss of appetite afflict them until the trouble passes over for a time, but it comes back when all women know when to expect it, and the same misery has to be endured again. Many women suffer in silence for honourable reasons. They alone know the pains and trouble which afflict them, continuously or at regular intervals, agonizing backaches, headache, prostration, irregularity of the vital functions, the change of life and weakness. As friends of women, we earnestly ask all of that sex to try just one box of Dr. Williams' Pink Pills for Pale People. We ask you as much for your own sake as for ours. One box sold is no great matter to us ; it would be a positive misfortune if it disappointed you, for you would always be blaming us to other people. But the pills will not disappoint you. Try them at once, and notice how permanent the benefit is. It isn't for a day or an hour. It is for always. It should be borne in mind that one box will not effect a cure, but the benefit resulting from the use of even a single box is the best proof that the pills taken regularly for a time will make a permanent cure. Young girls at the period of their development (especially if they are pale, easily tired, and short of breath) and also women of middle age will find them especially useful. It would be wicked and cruel to deceive you. We would not do it. The pills are good. Remember the name and take care you get the genuine pills—Dr. Williams' Pink Pills for Pale People.

Partial Paralysis

Another Severe Case of this Trouble Cured by Dr. Williams' Pink Pills.

Mr. John Craig, a well-known farmer living near Kell's Post Office, Nipissing, Ont., is another of the many paralytics who owes his present health and ability to go about—if not life itself—to the use of Dr. Williams' Pink Pills. Mr. Craig gives his experience as follows:—"But for the blessing of God and the use of Dr. Williams' Pink Pills, I do not believe I would be alive to-day. I was stricken with that terrible affliction, partial paralysis. I had absolutely no power in my right arm or leg. I was not able to sit up—in fact if I tried to do so I would fall over. I had to be lifted like a child. I was not able to eat, was very weak and low spirited, and my family and friends believed that death was very near. The doctor could do nothing for me and, in fact, told me that I was liable to a second stroke at any moment, which would carry me off. I was in this deplorable condition when I was advised to use Dr. William's Pink Pills. I sent for two boxes and before these were all used I could move the fingers of my hand, which had hitherto been absolutely numb and powerless. You can scarcely imagine my joy at this, for it was convincing proof that the pills were helping me. From this on I kept getting stronger and stronger, and the control of my paralyzed limbs gradually came back, until I was again able to walk about and eventually to work again. To my neighbors my cure seemed like a miracle, as not one of them ever expected to see me out of bed again. I would be ungrateful indeed if I did not give you permission to publish the story of my cure to the ends of the earth, if you wish to do so, that my experience may bring life and hope and activity to other sufferers."

Mrs. John Moffat, Moffat post office, says:—"I have suffered a great deal from kidney trouble, which brought on severe pains in the back, and while in every other respect I looked healthy enough, this trouble often made my life very miserable. I took a number of medicines for it but never got anything to help me until I began taking Dr. Williams' Pink Pills. Before I had been using the pills two weeks I began to find relief, and in a short time longer they fully restored my health. I shall always feel grateful for what the pills have done for me, and cheerfully recommend them to others."

JANUARY = 1904						
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There isn't a corner in the whole civilized world where some sufferer hasn't been cured by building up his blood with Dr. Williams' Pink Pills. No other medicine can truthfully claim so much.

Heart Disease

A Trouble Much More Common than is Generally Supposed.

A healthy person does not feel the heart at all. If the heart makes itself felt it is a sure sign of some one of the many phases of heart trouble. Some of the symptoms of heart trouble are shortness of breath, trembling of the hands, violent throbbing or fluttering of the heart, sharp spasms of pain, oppression on the chest, dizziness and clammy sweating, irregular pulse, and the alarming palpitation that is often felt most in the head or at the wrists. Of course people suffering from heart trouble haven't all these symptoms, but if you have any of them it is a sign of heart trouble and should not be neglected for a moment.

Most of the troubles affecting the heart are caused by anaemia, indigestion or nervousness, and when any of these causes lie at the root of the trouble it can be surely cured by the use of Dr. Williams' Pink Pills. You mustn't trifle with common medicines, and above all you shouldn't further weaken your heart by using purgatives. You must cure your heart disease through the blood with Dr. Williams' Pink Pills. You can easily see why this is the only way to save yourself. The heart drives your blood to all parts of the body. Every drop of your blood flows through your heart. If your blood is thin or impure your heart is bound to be weak and diseased, if your blood is pure, rich and healthy, it will naturally make your heart sound and strong. Dr. Williams' Pink Pills actually make new, rich, red blood. And that new, rich, red blood strengthens your stomach, stimulates your liver, soothes your nerves and drives out of your system all the disorders that helped to disturb your heart. This has been proved in thousands of cases. Here is a case in point. Mr. Adelard Lavoie, St. Pacome, Que., says: "For nearly three years I was greatly troubled with a weak heart, and in constant fear that my end would come at any time, the least exertion would overcome me, my heart would palpitate violently and I would sometimes have a feeling of suffocation. I was under the care of a doctor, but did not get relief, and eventually my condition became so bad that I had to discontinue work. While at my worst a neighbor advised me to take Dr. Williams' Pink Pills. I did so, and they simply worked wonders in my case. I used only half a dozen boxes when I was able to return to my work, strong and healthy, and I have not since had any sign of the old trouble."

We would again impress upon those who are ailing that they must get the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box.

HEART PALPITATION CURED

Nothing is so dangerous as heart trouble, for, on the regular action of the heart depends the welfare of the whole body. If you lose your breath on going up stairs, if your heart palpitates violently at the least exertion, if you feel weak and shaky, then you are suffering from heart trouble and should lose no time in looking for a cure—delay is dangerous. Dr. Williams' Pink Pills have had remarkable success in curing heart trouble. Concerning these pills Miss Ada Mathers, Point au Chene, Que., writes: "I was greatly troubled with palpitation of the heart. I would grow so weak and dizzy on going up stairs that I would have to sit down and rest. My breathing would become labored and I was in a very sad condition. I was advised to try Dr. Williams' Pink Pills, which I did, and eight boxes of them completely cured me and I am now in the best of health—my heart action is regular and I have no difficulty in going about my work." Sufferers from heart trouble should follow the example of Miss Mathers and begin the use of Dr. Williams' Pink Pills at once. They have cured thousands of cases of this trouble and what they have done for others they will surely do for you.

Lung Weakness

Due to Poor and Watery Blood—That is Why Some People Cannot Get Rid of a Cough, and Why it Develops Into Consumption.

The lungs are just like any other portion of the body—they need a constant supply of pure, rich blood to keep them sound and strong. If the lungs are not strong they are unable to resist disease, and that is the reason why an apparently simple cold clings until the patient grows weaker and weaker, and finally fills a consumptive's grave. Dr. Williams' Pink Pills never fail to strengthen the lungs, because they make the new, rich red blood which alone can do this work. The most emphatic proof that Dr. Williams' Pink Pills rebuild the lungs and cure consumption in its earlier stages, is given in the case of Miss Blanche Durand, of St. Edmond, Que. Miss Durand says:—"In the month of September, 1901, I was visiting at the home of an uncle at L'Assomption. One day we were out boating I got my feet wet and caught cold. The cold seemed to cling to me, and when I returned home about the end of September, I was quite ill. I was quite feverish, had no appetite, and the cough seemed to exhaust me. I began doctoring, but did not get any better, and in January, 1902, the doctor told me that my lungs were affected, and that I was in consumption. At this time a friend who had come to see me advised me to try Dr. Williams' Pink Pills, and I sent for six boxes. The pills soon began to help me, as little by little the cough grew less severe, my appetite became better, my strength returned and I began to have a healthy color. I used eight boxes of the pills and was then fully recovered. I am sure that Dr. Williams' Pink Pills saved my life, and I shall always speak gratefully of them."

Such cases as these tell better than mere words the power of Dr. Williams' Pink Pills. They cure all constitutional weaknesses because they go right to the root of the trouble and build up the blood.

Miss D. Brown, Collina, N.B., says:—"I have used Dr. Williams' Pink Pills for a run down system, and find them all you claim for them. In early spring I had such dizzy spells that if I turned quickly I would almost fall. But thanks to Dr. Williams' Pink Pills the trouble has entirely disappeared."

Mr. Chas. Saulnier, Corberrie, N.S., says:—"I was very much run down, and so weak that I could hardly work, I was advised to take Dr. Williams' Pink Pills, and they have fully restored my health. I am a cook by profession, and the fact that I was able to cook for fifteen men last winter is the best proof that the pills have made me as sound as ever I was."

FEBRUARY = 1904

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As a tonic, Dr. Williams' Pink Pills stand without a rival. That's not a matter for argument—it's an established fact.

Woman's Ailments

Pure blood is the secret of health and beauty. Regular monthly uterine action is necessary to every woman's health, and if this function of life is checked, disease, a pale and sallow complexion, and a feeling of exhaustion are the result. The monthly secretions must continue from Puberty to the Turn of Life without unnatural obstruction. Any breach of this law of nature will result in the distressing symptoms which make the lives of seven-tenths of the women of this country miserable, almost unbearable. A few of these symptoms are severe headaches, loss of appetite, pale or sallow complexion, palpitation of the heart, swollen ankles or legs, nervousness, offensive breath, etc., etc. The sufferer may exhibit one or more of these symptoms, or may have all. They simply indicate the ravages disease has made upon the system, and the more of these symptoms the patient shows, the greater the necessity for prompt and persistent treatment, until they have been banished, and the bloom of health has been restored. To accomplish this end Dr. Williams' Pink Pills are the only unfailing remedy. They positively cure all suppressions and irregularities, which, if neglected, inevitably entail sickness and trouble. By taking these pills for a week or ten days before the expected return of each period, the prompt appearance of the "visitor" is assured. For suppressions the pills must be taken steadily until the appearance takes place—generally in a month's time, sometimes less. Follow the directions on the pamphlet about each box. Nursing women will find their milk improved in quality and quantity by taking these pills; and also obtain relief from the pain in the back, and generally dragged out feeling. All displacements from weakness of the Uterine Ligaments are speedily relieved and ultimately cured by the faithful use of these pills.

The Change of Life

The most critical period in the life of women is that attending the cessation of menstruation, or as it is more generally termed, the change or turn of life. The symptoms attending this period are fainting spells or attacks of faintness, as giddiness, headache, general debility, exhaustion, a feeling of melancholy, hysteria, pains in the loins or limbs. The change is a gradual one—for better or worse—for the former if the patient is wise enough to fortify the system against the ravages of the symptoms attending the change. For this purpose no remedy ever discovered equals Dr. Williams' Pink Pills. They purify the blood by acting directly upon the sexual system, lessen the severity of this critical period, and finally leave the patient in the enjoyment of robust health. All ladies approaching this critical period should take Dr. Williams' Pink Pills.

FEMALE WEAKNESS CURED

Mrs. George Danby, Tilbury, Ont., says:—"I think Dr. Williams' Pink Pills a blessing to suffering women. I was for a long time a great sufferer from the ailments that afflict so many of my sex. I was extremely nervous at all times, had indigestion, and a great deal of headache. In fact I was in a most miserable condition when I began the use of Dr. Williams' Pink Pills, but after taking them a short time I began to improve, and lately I am altogether like a new woman. I am sure if more women would take Dr. Williams' Pink Pills they would be convinced of the good they can do."

When you ask for Dr. Williams' Pink Pills do not let any dealer persuade you to take something else which he may say is "just as good"—there is nothing else just as good. See that the full name "Dr. Williams' Pink Pills for Pale People" is on the wrapper around every box.

A Woman's Advice

Every woman needs plenty of pure, rich, red blood and sound nerves to carry her safely through her times of pain and sickness. Dr. Williams' Pink Pills are good in a special way for women. They actually make new health-giving blood. They give ease, strength and vigor. They stimulate all the organs to perform their functions regularly and well. They banish all pains and depression, all headaches and backaches, and all the secret distress that only a woman knows. Dr. Williams' Pink Pills bring the sparkle to dull eyes and the rosy glow of health to cheeks once pale and pinched with silent suffering. They bring health and strength when all else fails. Here is a bit of strong proof from Mrs. John McKerr, Chickney, N.W.T., who says: "For some years I was greatly afflicted with the ailments that make the lives of so many of my sex miserable. I tried many medicines, but found nothing to relieve me until I began the use of Dr. Williams' Pink Pills. These pills have made me feel like a new person; the almost continuous suffering I endured has passed away, and life no longer seems the burden it once did. I know other women who have been similarly benefited, and I think the pills are worth their weight in gold to all who suffer from female complaints or general prostration."

All over the land are suffering women who can obtain new health and strength through the use of these pills. Only the genuine should be taken and these bear the full name, "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box.

WOMB TROUBLE CURED

Mrs. A. Jones, Cypress River, Man., writes:—"Out of gratefulness I feel that I should let you know the good Dr. Williams' Pink Pills have done me, in the hope that some other sufferer may also be benefited. I suffered for years from inflammation of the womb. I tried many medicines, but none of them helped me and only those who have been similarly afflicted can tell how much I suffered, or how dreary life seemed. Then I was advised to try Dr. Williams' Pink Pills, and I am grateful now that I took the advice, for after using about a dozen boxes every symptom of the trouble disappeared. It is several years since I took the pills, and as there has been no sign of the trouble since, I feel safe in saying that the cure is permanent."

Mrs. Osios Didette, Duclos, Que., says:—"When I began taking Dr. Williams' Pink Pills I was badly run down, and would be fatigued at the least exertion. My blood seemed very poor, and I suffered from dizziness, headaches, and poor appetite. The pills have completely restored me and I feel as healthy as ever I did, and can do my house work without the least fatigue."

Miss Virginie Guite, Miguasha, Que., says:—"Before I began the use of Dr. Williams' Pink Pills I was always weak, pale and easily exhausted. After using several boxes of the pills I now find my health perfect, and I recommend them with confidence to my friends."

MARCH = 1904						
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To have good health your blood must be pure and rich. To have rich pure blood you must take Dr. Williams' Pink Pills.

Health For Young Girls

How To Obtain Bright Eyes, Rosy Cheeks, And An Elastic Step.

What can be more distressing than to see a girl drooping and fading in the spring-time of youth? Instead of bright eyes, glowing rosy cheeks, and elastic step, there are dull eyes, pale, sallow or greenish complexion, and a languidness of step that bespeaks disease and an early death if proper treatment is not promptly resorted to and persisted in until the impoverished blood is enriched and the functions of life become regular. Upon parents rests a great responsibility at the time their daughters are budding into womanhood. If your daughter is pale, complains of weakness, is "tired out" upon the slightest exertion; if she is troubled with headache or backache, pain in the side; if her temper is fitful and her appetite poor, she is in a condition of extreme peril, a fit subject for the development of the most dreaded of all diseases—consumption. If you notice any of the above symptoms, lose no time in procuring Dr. Williams' Pink Pills. They will assist the patient to develop properly and regularly; they will enrich the blood and restore health's roses to the cheeks; bright eyes and a lightness of step will surely follow their use, and all danger of consumption and premature death will be averted. Wise and prudent mothers will insist upon their daughters taking Dr. Williams' Pink Pills upon the approach of the period of puberty, and thus avoid all chances of disease or early decay.

ANAEMIA CURED

Miss Mabel Price, Newmarket, Ont., says:—"I have much reason to be grateful for what Dr. Williams' Pink Pills have done for me. A few years ago I was confined to my bed all winter, the result of being very much run down. I seemed to have pains all over my body, specks floating before my eyes, severe headaches, and was in fact so weak that I could not even feed myself. The doctor was attending me all the time, but I seemed to be getting worse, and almost gave up hope, thinking I would never be strong again. A friend asked me to try Dr. Williams' Pink Pills and I did so, and in a very short time I was able to be about again, and it was not long after this when I was able to work as usual. Now when I feel a little out of sorts I take the pills and they soon put me right."

WEAK AND LANGUID

Miss Enerine Vilandre, a well known young lady residing with her parents at St. Germain, Que., says:—"I believe that had it not been for Dr. Williams' Pink Pills I would not now be living. A few years ago my parents sent me to the convent at Lachine to continue my studies, I had been there about two years when my health began to give way. The trouble came on very gradually, and the doctor who was first called in said that it was the result of overstudy, and that a rest would put me all right. I returned to my home, but instead of getting better, I gradually grew weaker. I did not sleep well at night and suffered from headaches and dizziness in the daytime. I was also troubled with pains in my back, and as time went on I became as pale as a corpse, and so weak that I was forced to take to my bed. All this time I was doctoring, but it was not doing me a particle of good. I asked my father to get me Dr. Williams' Pink Pills and I began taking them. The first box did not seem to help me any, but before I had taken all of the second box there was a distinct improvement in my condition and from that on I began to regain health, and by the time I had taken a half dozen boxes I was again enjoying perfect health. I believe that all young girls who suffer as I did will find renewed health if they will give Dr. Williams' Pink Pills a fair trial."

Rheumatism

A Right Way and a Wrong Way to Treat the Trouble—Liniments and Outward Applications Cannot Cure.

Rheumatism is one of the most common ailments with which humanity is afflicted, and there are few troubles which cause more acute suffering. There is a prevalent notion, also, that if a person once contracts rheumatism it is bound to return in cold or damp weather. This is a mistake. Rheumatism can be thoroughly driven out of the system, but it must be treated through the blood, as it is a blood disease. Rubbing the affected joints and limbs with liniments and lotions will never cure rheumatism, though it may give temporary relief. Dr. Williams' Pink Pills have cured more cases of rheumatism than perhaps any other disease except anæmia. These pills drive the rheumatic poison out of the system by their action on the blood, and the trouble rarely returns if the treatment is persisted in until the blood is in a thoroughly healthy condition.

As an illustration of how even the most aggravated forms of this trouble yield to Dr. Williams' Pink Pills, the case of Mr. J. J. Richards, of Port Colborne, Ont., may be cited. Mr. Richards says:—"About three years ago I suffered from a most severe attack of rheumatism. I could neither lie down nor sit up with any degree of ease, and I am quite sure only those who have been similarly afflicted can understand what agony I endured. I put myself under the care of an excellent doctor, but got no benefit. Then I tried another, and still another, but with no better results. By this time I had become so reduced in flesh that friends hardly knew me. I could not move hand or foot and had to be turned in bed in sheets. The pain I endured was something awful. Then I was urged to try Dr. Williams' Pink Pills and after taking a few boxes there was an appreciable change for the better; the pains began to leave me and my joints began to limber. I kept on taking the pills until I had used a dozen boxes, by which time every trace of the trouble had disappeared. I firmly believe that had it not been for Dr. Williams' Pink Pills I would have been a rheumatic cripple for life."

Mrs. Albert Luddington, St. Mary's River, N.S., writes:—"I was as a cripple from rheumatism until I began using Dr. Williams' Pink Pills. Now the aches and pains have left me; my blood is good and I am able to walk with my old-time freedom. My sister also received a great deal of benefit from the use of the pills, which she used for heart trouble."

Mrs. H. Hevenor, West Gravenhurst, Ont., writes:—"I take much pleasure in writing to tell you of the great benefit your Dr. Williams' Pink Pills have been to my son, who suffered with rheumatism. He was utterly helpless and the pain he endured was terrible, but the pills cured him and he is now able to go about his work as usual."

APRIL = 1904

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Dr. Williams' Pink Pills make new blood—that's the secret of their power to cure so many different diseases.

Kidney Trouble

Can be Cured by Dr. Williams' Pink Pills for Pale People.

The kidneys are the most important organs. They must filter every drop of blood in the body. If the blood is weak the kidneys cannot do their work, so the blood is left unfiltered and foul, and the kidneys are left clogged with poisonous impurities. Then come the backaches that mean fatal kidney disease. Don't neglect that backache for a moment. Strike at the root of the very first symptoms of kidney trouble by enriching the blood with Dr. Williams' Pink Pills—the only medicine that makes the blood rich, red and health-giving. Mr. Wm. Holland, of Seaforth, Ont., has proved that Dr. Williams' Pills will cure the most obstinate case of kidney trouble. To a reporter of the Seaforth Sun he freely gave the particulars of his case: "I have suffered from kidney trouble for about two years," said Mr. Holland. "Sometimes the backache which accompanied the trouble would be so severe that I would be unable to work, and I often suffered severely for weeks at a time. I tried a number of medicines said to be a cure for kidney trouble, but I found nothing to help me until on the advice of a friend I began the use of Dr. Williams' Pink Pills. These pills soon began to make their good work felt, and after using them for about a month every vestige of the trouble had disappeared, and I have not since had a single symptom of the disease. Dr. Williams' Pink Pills have proved a great blessing to me and I am always glad to say a good word in their favor."

As a curative medicine Dr. Williams' Pink Pills have never yet been equalled. They build up the blood and nerves, give new strength and enable the body to resist disease.

KIDNEY TROUBLE CURED

Mr. Henry Arner, Tilbury, Ont., was a great sufferer from kidney trouble, and could find no relief until he began using Dr. Williams' Pink Pills. He says: "I was in a miserable condition. My kidneys were causing me great trouble, and I had severe pains across my chest and back. My appetite was practically gone and I lost nearly twenty pounds in weight. I had tried two different doctors, but got no relief from either of them. I was feeling pretty blue when a friend advised me to try Dr. Williams' Pink Pills, and acting on his advice I got a supply. The result was almost marvellous. I had taken less than a box when there was a decided improvement in my condition, and the continued use of the pills for some time banished the pains and left my kidneys in proper working order. My friend was right when he said that Dr. Williams' Pink Pills are the best kidney medicine in the world."

ERYSIPELAS CURED

Mr. Matthew Cook, Lamerton, N. W. T., writes:—"I received great benefit from your Dr. Williams' Pink Pills when I was suffering from sciatic rheumatism and erysipelas. At one time I was so crippled that I could not walk without the aid of crutches—that was the effect of rheumatism. My skin was inflamed; my head ached; my tongue was coated; my flesh tender and sore; I had chills and thought I was taking the fever—those were the symptoms of the erysipelas. I tried several remedies, but nothing helped me till I began using Dr. Williams' Pink Pills. They soon drove these troubles from my system and now I am in the best of health, hale and hearty—all through the use of your pills.

Dr. Williams' Pink Pills do not purge and weaken. They simply make pure rich blood—that's why they cure.

Indigestion's Slave

**Is Sallow and Languid, Troubled with Wind,
Biliousness, Headaches and Sharp
Internal Pains.**

No one deserves more sympathy than the sufferer from indigestion. A light meal lies like lead upon his chest—a good meal gives him hours of agony. The dyspeptic's slavery can't end until he builds up his system with Dr. Williams' Pink Pills. They strengthen the stomach, stimulate the liver and sharpen the appetite. There never was a case of indigestion that Dr. Williams' Pink Pills could not cure if given a fair trial. Proof of this is given by Mr. Gustave Emond, of St. Jerome, Que., who says :—
“I suffered from dyspepsia for five years. The agony I endured at times can only be understood by those who are similarly afflicted. I tried a number of home remedies and advertised medicines, but they did not help me. Then I decided to see the family doctor, and I took for a long time the medicine he gave me, but the results were no better; in fact I was getting worse. Some days I could not eat at all, and when I did eat the meal was followed by violent pains and cramps in my stomach that made life almost unendurable. Then I stopped the doctor and again began trying other medicines, but the result was always the same—no cure, and scarcely even temporary relief. And so the trouble went on for years, until last winter I met a friend from St. Scholastique who asked me if I had ever tried Dr. Williams' Pink Pills. I had not, but after some persuasion consented to do so. This was the beginning of the end of my trouble. Before the first box of pills were finished the pains after eating were less severe. I continued the pills for a couple of months and at the end of that time I was wholly cured. I can eat as hearty a meal now as anyone, and never have the slightest return of the pains and cramps that so long had made life miserable. I have proved that Dr. Williams' Pink Pills will cure this trouble when all other medicines fail, and I would strongly urge other dyspeptics to give them a fair trial.”

SUFFERED FROM DYS- PEPSIA

Miss Myrtle Featherston, Richmond, Ont., says :—“For a long time I was badly troubled with dyspepsia. After eating I felt like vomiting my food; I was troubled with gas on the stomach, and belching wind. I had a bad taste in my mouth, and was often troubled with severe headaches, and a feeling of weariness and pain about my heart. No matter how careful I was about the food I ate the trouble seemed to continue, and was growing worse. I was advised to use Dr. Williams' Pink Pills and I am glad to be able to say that they have cured me, and I can strongly recommend them to anyone who may be suffering from this trouble.

MAY = 1904						
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**Half the women in Canada take Dr. Williams' Pink Pills.
All the pale cheeks, dull eyes, and aching backs belong to the
other half.**

Diseases of the Skin

Pimples, Blotches, Boils and Ugly Rashes Easily Cleared from the Skin.

All diseases of the skin and complexion are caused by bad blood. Paleness and pimples, blotches and boils, ugly rashes and open sores, itching eczema and burning erysipelas—all these blemishes come from bad blood. A bad skin is a sure sign of bad blood—thin blood, watery blood, blood poisoned with impurities. You can't have a healthy, clear skin till you make your blood pure and rich with Dr. Williams' Pink Pills. These pills are a sure and speedy cure for all skin diseases, for agonizing eczema or bothersome little pimples—for a bad complexion or ugly open ulcers. No claim is ever made for Dr. Williams' Pink Pills not backed by the most positive proof, and in this connection we offer the testimonial of Mrs. Nicholas McAvoy, a life-long, much-esteemed resident of Exeter, Ont. To a reporter of the Advocate Mrs. McAvoy said:—"Some years ago I was taken with a slight itching under one of my arms. I gave it little attention at first, thinking it would pass away, but in this I was mistaken, for as time went on it became worse and soon developed into an aggravated case of eczema, causing a great deal of pain, irritation and suffering. In fact I was compelled to endure tortures. I consulted a doctor and took his medicine for several months, but the trouble did not leave, neither did it get any better. In fact it took a turn for the worse and developed into scrofula. As the doctor's medicine did not help me I tried several advertised medicines, but with no better results. Finally a lady friend strongly urged me to try Dr. Williams' Pink Pills, The effect was almost magical. In a few weeks there was a decided change for the better, and as time went on the trouble gradually left and to-day I am entirely free from it. I owe my complete recovery—if not my life—to Dr. Williams' Pink Pills, a fact I wish to put on record that others may benefit as I have done."

WAS NEARLY USED UP

Mr. Walter W. Gibb, of the fourth concession of the Township of Tilbury East, Ont., says he has just cause to speak well of Dr. Williams' Pink Pills. "Four years ago," he says, "I suffered a sunstroke, and from that time on could do scarcely any work. I became weaker and weaker, and got very thin and run down. My condition was shown by the fact that if I got an abrasion of the skin my flesh would fester and would be a long time in healing up. My stomach also bothered me very much and I was as nearly used up as any man could be. Nothing seemed to do me any good until I began using Dr. Williams' Pink Pills, and the result was that after taking six boxes I felt better than ever I did in my life, and I think now I can do as much work as any other man of my age. For over two years I was in perfect misery, but ever since I took Dr. Williams' Pink Pills I have been in excellent health, so you will see it is no wonder I praise this medicine so highly.

Mr. J. B. Theriault, Grand Anse, N.B., says:—"I was suffering from the effects of la grippe and saw Dr. Williams' Pink Pills recommended for this trouble. I took several boxes and they have fully restored my health. I think the pills good for all kinds of weakness."

Poor blood encourages disease. Bad blood causes disease. Watery blood is a disease. If you want rich red blood take the great blood builder and nerve tonic, Dr. Williams' Pink Pills for Pale People.

Cured of Asthma

Had Suffered for Years and Often Had to Sit Night After Night at an Open Window Gasping for Breath.

Mr. Thomas Johnson is well known in the vicinity of Hemford, N.S. He has taught school in Lunenburg County for more than thirteen years, and his reputation as a teacher is deservedly high. It is known that Mr. Johnson has been a severe sufferer from asthma, and as he has found a cure for the trouble, a reporter thought the facts of his case would prove interesting to similar sufferers. "One evening," said Mr. Johnson, "while lighting my pipe I inhaled the sulphur from the match. The fumes appeared to penetrate every portion of my lungs, and nearly strangled me. It was more than an hour before I recovered from the effects of this mishap, and I believe that that was the starting point of the trouble that has made my life so frequently miserable since. At all events a few days later I had my first attack of asthma. Following this the attacks became more and more frequent, sometimes continuing for a week or more at a time. When these attacks came on I dare not lie down, and many a long, cold winter night I have passed at an open window gasping for breath. I was treated by two of the best doctors in the county, but derived no benefit. Then I began trying the remedies usually advertised as a cure for this trouble, but with no better results. I was continually growing worse and life was becoming a burden. About a year ago my wife was using Dr. Williams' Pink Pills, and was deriving so much benefit from them that one day she said to me, 'Why don't you try these pills? they might do you good, and they certainly can't do you harm.' To please my wife I began taking the pills, but only occasionally at first, but inside of a few weeks I felt that I was improving in many ways. Then I began to use the pills in earnest, and soon found that breathing was becoming easier, the spasms came less frequently, and I could go about out of doors without danger of bringing the trouble on as was formerly the case. I took twelve boxes of Dr. Williams' Pink Pills in all, and after the improvement began every box added to it until all signs of the trouble had disappeared, and I have not since had any recurrence of it. Dr. Williams' Pink Pills have saved me from a life of misery, and I am glad to make this public acknowledgment."

Mr. J. J. Mallette, a well known grocer in Montreal says:—"I wish to thank you for the great good your Dr. Williams' Pink Pills have done me. My system was very much run down, and the use of the pills have made a new man of me. As I am in business, coming in contact with many people, I am often able to recommend the pills, and already they have relieved a dozen of my friends who suffered as I did."

Dr. Williams' Pink Pills are the greatest blood builder and nerve tonic in the whole wide world. Hundreds of thousands of cures prove this a fact beyond dispute.

JUNE = 1904						
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St. Vitus' Dance

The sufferer from St. Vitus' dance, even in a mild form, is much to be pitied, but when the disease assumes an aggravated form the patient is usually as helpless as an infant, and has to be watched with as much care. St. Vitus' dance is a disease of the nerves and must be treated through them, and for this purpose there is no other medicine in the world acts so speedily as Dr. Williams' Pink Pills. Proof of this statement is found in the cure of Miss Louise Luffman, whose home is at Poucher's Mills, Ont., who was cured by these pills after two doctors had failed to benefit her in the least. The young lady's mother tells the story of her daughter's illness as follows:—"I do not think it possible that anyone could be afflicted with a more severe form of St. Vitus' dance than that which attacked my daughter Louise. Her arms and legs would twitch and jerk, her face was drawn and finally her left side became numb as though paralyzed. Two doctors attended her, but their treatment not only did not help her but she grew steadily worse. Her tongue became swollen, her speech thick and indistinct, and she could neither sit still nor stand still. She could not hold anything in her hand and it was necessary to watch her all the time, as we feared she would injure herself. The last doctor who attended her told me she would never get better, and it was then that I decided to try Dr. Williams' Pink Pills. After she had taken two boxes we could see an improvement in her condition. Her appetite improved, she could sleep better and the spasms were less severe. From that on there was a marked improvement in her condition and one day the doctor who had said she could not get better called while passing and found her ironing—something she had not been able to do for months. I told him it was Dr. Williams' Pink Pills that was curing her and he said, 'Well, I am surprised, but continue the pills, they will cure her.' She used in all eight or ten boxes and is now as healthy a girl as you will find anywhere, and she has not since had a symptom of the trouble."

A Little Boy's Cure

"We have used Dr. Williams' Pink Pills in our home for the past eight years for various troubles, and have always found them successful." Thus writes Mrs. H. Hevenor, of West Gravenhurst, Ont., and she adds:—"At the age of eight years my little boy was attacked with la grippe, and the trouble developed into St. Vitus' dance, from which he suffered in a severe form. He was under several doctors at different times, but none of them helped him. Then I decided to try Dr. Williams' Pink Pills, and they restored him to perfect health, and there has not since been any return of the trouble. More recently I have used the pills myself for muscular rheumatism, and they were equally successful in effecting a cure. The pills have saved us many a dollar in doctors' bills, and I would like everyone who is sick to try them."

Dr. Williams' Pink Pills cure all troubles due to poor or watery blood, or weak nerves, and that is the reason they are the most popular medicine in the world, and have a much larger sale than any other remedy.

Miss Estella Curless, Grand Falls, N. B., says:—"My mother has used Dr. Williams' Pink Pills with the best of results. In fact she claims that they saved her life. She had no appetite, could not sleep and always felt despondent. But after using the pills all these symptoms left her, and she says that she cannot praise them too highly."

Sparkling eyes, coral lips, a well rounded form—these come from the rich red blood and braced-up nerves Dr. Williams' Pink Pills bring. They cure when all else fails.

Had to Leave School

A Story of Interest to Every Mother who Cares for the Welfare and Happiness of her Daughter.

Miss Laura Dumontier is the daughter of a well-to-do farmer in St. Cuthbert, Quebec. The circumstances under which she was forced to discontinue her studies and leave school will be of interest to all mothers of growing girls, and Miss Dumontier consents to make them public for the benefit her experience may be to others. She says: "At the age of twelve I was sent to a convent school in this parish. At that time I was as healthy as any girl of my age. At the end of a couple of years, however, I felt my strength leaving me. My appetite grew poor, and I suffered from severe headaches. I nevertheless continued my studies until October, 1901, when I became very ill and was forced to leave school. The headaches that had bothered me became almost constant. I suffered from pains in the back and stomach and the least exertion would leave me almost breathless. A doctor was called in and he said I was suffering from anaemia, and was in a very dangerous condition. He treated me until February without the least beneficial result. Then another doctor was called in, but no better results followed his treatment. My parents were now thoroughly alarmed and two other doctors from St. Barthelemi were called in, and after consultation their verdict was that my trouble had reached an incurable stage. I was greatly disheartened and did not expect to live long, when one day one of my friends asked me why I did not try Dr. Williams' Pink Pills. I had lost confidence in all medicines, but was willing to try anything that might help me, and my father got me a supply of the pills. When I had used a couple of boxes it was very plain that the pills were doing me good, and after I had taken them a couple of months I was once more enjoying the blessing of good health. I feel that Dr. Williams' Pink Pills have saved my life and I gladly give my experience in the hope that it may be of benefit to some other young girls."

No discovery of modern times has proved such a blessing to young girls and women as Dr. Williams' Pink Pills. They act directly on the blood and nerves, invigorate the body, regulate the functions and restore health and strength to the exhausted patient when every effort of the physician proves unavailing.

Miss Viola Millett, Robinson's Corner, N.S., says:—"About eight months ago my blood had nearly turned to water. I suffered from headaches, weakness and scanty and irregular periods. I tried two doctors but they did me no good; then I tried Dr. Williams' Pink Pills, and after the use of seven boxes I can truly say they have made a remarkable change in my condition, and I feel like another girl. I can safely recommend the pills to all similar sufferers."

Purify, enrich, and warm your blood with Dr. Williams' Pink Pills. They cure rheumatism, neuralgia, indigestion, anaemia and all blood diseases.

JULY - 1904						
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The Boys of To-day

Will be the Men of the Future—They Should be Rugged, Sturdy and Full of Life.

Growing boys should always be healthy and rugged. Ready for play, ready for study, and ready at any time for a hearty meal. This condition denotes good health, but there are entirely too many who do not come up to this standard. They take no part in the manly games all healthy boys indulge in; they are stoop-shouldered, dull and listless; they complain of frequent headaches, and their appetite is variable. Sometimes parents say: "Oh, they'll outgrow it." But they won't—it's the blood that's out of condition, and instead of getting better they get worse. What boys of this class require to make them bright, active and strong, is a tonic, something that will build up the blood and make the nerves strong. There is no medicine that can do this as quickly and as effectively as Dr. Williams' Pink Pills. Mrs. Mary Compton, of Merriton, Ont., tells what these pills did for her sixteen year old son. She says:—"About two years ago my son Samuel began to decline in health. He grew very pale and thin and at times experienced serious weak spells, coupled with a tired, worn-out feeling, and as the weeks went by he grew worse. This alarmed me, for my husband had died of what the doctors called pernicious anæmia, and I feared my son was going the same way. I had often read that Dr. Williams' Pink Pills would cure anæmia, and decided that he should try them. A couple of boxes made a decided improvement in his condition, and by the time he had taken a half dozen boxes his health was better than it had been for some years previous. His weight had increased, his listlessness had disappeared and he was blessed with a good appetite. I may add that other members of my family have been benefited by the use of Dr. Williams' Pink Pills and I consider these pills the best of all medicines."

ACUTE RHEUMATISM CURED

Only those who have suffered from the trouble can realize what tortures the rheumatic undergoes—how perfectly helpless he is. Only those understand the real blessing of relief. Dr. Williams' Pink Pills have cured thousands—they will cure you. Proof is given by Mr. Walker Sett, Waterford, N.B., who writes:—"I am employed in a lumber camp and, in consequence, am exposed to all sorts of weather. Some years ago I was seized with pains in my back, and at times when I would sit down after doing a hard day's work I could hardly get up again. For four years I suffered more or less, till one day I got a bad wetting. Then my joints began to swell and ache; I could not walk and for about three weeks I was unable to move at all. My physician said that I was suffering from acute rheumatism, but neither his treatment nor the many other remedies I tried helped me, until a friend advised the use of Dr. Williams' Pink Pills. I purchased a supply and before I had used three boxes I noted a wonderful change in my condition. In all I took eleven boxes, and thanks to these wonderful pills I am now enjoying the best of health."

DYSPEPSIA CURED

Mrs. J. H. Martin, Dresden, Ont., says:—"I am only too glad to be able to add my praise to that of the host of others who have found benefit from the use of Dr. Williams' Pink Pills. I suffered very much from dyspepsia and stomach trouble, and have found the pills of the greatest benefit to me. I keep the pills on hand all the time and now never have that sick feeling after eating, as a few doses always makes me feel like a different woman."

Are you pale? That is the outward and visible sign of poor blood and threatened health. Bring back your color and vigor with Dr. Williams' Pink Pills.

A Woman's Face

Plainly Indicates the Condition of Her Health.

"A woman's face," said a well known physician, "is a mirror which reflects un-faillingly the condition of her health. One can tell at a glance if she is well or not and usually one can tell what the trouble is. It so often happens that instead of bright eyes, rosy cheeks and an elastic step, there are dull eyes, pale, sallow or a greenish complexion, and a languidness of step that bespeaks disease, and perhaps an early death if the right treatment is not resorted to. The whole trouble lies with the blood, and until it is enriched and invigorated there will be no release from suffering and disease. Unquestionably the greatest of all blood-renewers is Dr. Williams' Pink Pills. Good blood means health, vigor, life and beauty, and the one sure way to make your blood good is to take Dr. Williams' Pink Pills. Out of many cases which illustrate the truth of this may be cited that of Miss Amanda Damphousse, Ste. Anne de la Perade, Que., who says: "For more than six months I suffered greatly from weakness, bordering almost on nervous prostration. I suffered from headaches, palpitation of the heart, and pains in all my limbs. I had no energy, no appetite, no color, and my nights were frequently sleepless. At different times I consulted three doctors, but none of them seemed able to cure me. A friend strongly urged me to take Dr. Williams' Pink Pills and I finally followed her advice. With the use of the first box my health began to improve, and five boxes completely restored me. I now have a good appetite, headaches and pains have disappeared, and I never felt better in my life than I do now. If I am ever sick again you may be sure that Dr. Williams' Pink Pills will be my only doctor."

A CONSUMPTIVE HEALED

Life is dear to all of us, and especially when death is near do we begin to feel its value. How dear it must be to one who, thought to be dying, is brought back to health again. Such was the experience of Mrs. Louis Smith, of Chatillon, Que. For some years she suffered from a trouble which two doctors declared to be consumption. She was unable to do any work, was very weak and wasted. She coughed and spit a great deal and for a good bit of the time she was confined to bed. The doctors could do nothing for her and she was prepared for death. Then Dr. Williams' Pink Pills were begun and soon a change was noted in her condition. The color came back to her pale cheeks, the coughing ceased, she gained in weight, strength returned and before long she was able to attend to her work about the house. What Dr. Williams' Pink Pills have done for Mrs. Smith they will also do for you—they never fail in building up the blood and bringing color to the faded cheeks.

AUGUST = 1904						
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Dr. Williams' Pink Pills actually make new, rich, red blood. That's why they cure all blood diseases.

Weak and Fainting

The Sad Plight of Anaemic People—They Have Head-aches and Backaches—Are Languid and Unable to Stand Exertion.

You can always tell anaemic men and women. They are pale, weak and languid. They have headaches and backaches. They can't eat—or they can't digest what little they do eat. And it all comes from poor blood and unstrung nerves. Banish anaemia at once by enriching your blood and toning up your nerves with Dr. Williams' Pink Pills. Thousands of grateful women have said that these pills have restored them after all other means tried had failed. Mrs. Josias McIlroy, of Orangeville, Ont., was a great sufferer for several years and spent much money looking for a cure. To a reporter of the Sun Mrs. McIlroy said:—"Several years ago my health gave out completely. I was so weak that I could not do my housework. If I went upstairs my heart would palpitate violently, and sometimes I would faint away through weakness. My nerves were unstrung, and I suffered much from dizziness. I tried many remedies but they did not help me. Then I was advised to try Dr. Williams' Pink Pills and decided to do so. I am glad I did, for the pills soon built me up and made me a well woman. My health remained good until last spring, when I was again taken with weakness. I now knew by experience the value of Dr. Williams' Pink Pills and at once got a supply. The result was as beneficial as before and I can conscientiously say the pills have done me untold good. I am grateful for this and hope my experience will benefit some other sufferer."

Dr. Williams' Pink Pills have cured more sickly, pale-faced girls and women than any other medicine ever discovered, for they supply new, rich, red blood and so strengthen every part of the body. They are equally suitable for men, women and children, and cure not only anaemia, but decline, consumption, indigestion, rheumatism, St. Vitus' dance, and the special ailments which all women dread.

A GRATEFUL WOMAN

Mrs. Geo. C. Brady, Effingham, Ont., says:—"It gives me great pleasure to write you and say that I am now enjoying the blessing of perfect health, thanks to the timely use of Dr. Williams' Pink Pills. Some four years ago I began to decline in health. I grew pale, lost flesh and was distressingly weak. Then a cough came upon me, and as the trouble advanced I felt a decided inclination to lay aside the responsibilities of life. I was greatly alarmed about my condition and my friends also were frightened. The best efforts of three doctors were baffled with my case, and as time went on I was reduced to a skeleton. Finally the last doctor who attended me advised me that there was no help for me and said I was going into consumption. At this stage my father brought me three boxes of Dr. Williams' Pink Pills, and at his solicitation I began to use them. Before these were all gone I felt so much better that I took new courage, and under the continued use of the pills I gained in health and strength daily. By the time I had used nine or ten boxes I had gained eighteen pounds in weight, and felt as strong and well as ever I had done in my life. When I compare the condition I once was in with my present good health, I cannot help growing enthusiastic in my praise of Dr. Williams' Pink Pills, and I most strongly urge sufferers everywhere to give them a fair trial."

Make your blood pure and strong with Dr. Williams' Pink Pills and it will carry healing, health and strength to every corner of the body.

At Death's Door

The Story of the Recovery of Miss Falford of St. Elie—She says: "I am Confident that Dr. Williams' Pink Pills Saved My Life."

To be well, to be strong, to possess a clear complexion, bright eyes and an elastic step, the blood must be pure and filled with life-giving energy. When you see pale, sallow, sickly girls, easily tired, subject to headaches, backaches, and violent palpitation of the heart, it is the blood that is at fault, and unless the trouble is speedily corrected the patient passes into that condition known as "decline" and death follows. The one sure, positive way to obtain rich, red, health-giving blood is to take Dr. Williams' Pink Pills. This medicine has saved thousands of young girls from a premature grave. Strong proof of this is offered in the cure of Miss Zenaide Falford, of St. Elie, Quebec. Miss Falford tells the story of her sickness and recovery as follows: "Like many other Canadian girls, I went to the United States and found employment in a factory at Woonsocket. The close, indoor work proved too much for me and nearly ended in my death. At first I was taken with headaches, would tire very easily, had no appetite, and no energy. I tried to continue the work, but grew worse and worse, and finally was compelled to return to my home. I was so much changed and so emaciated that my friends hardly knew me. Two weeks after my return home I was forced to take my bed. I had a bad cough, was distressed by terrible dreams, and sometimes passed whole nights without sleep. Two doctors treated me, but without avail, as I was steadily growing weaker; in fact I could not hold my hand above my head for more than three or four seconds, and had to be turned in bed. No one expected I would get better, and I thought myself I was about to die. At this time my brother came from Montreal to see me, and strongly urged me to try Dr. Williams' Pink Pills. A supply of pills was procured, and I now bless the day I began taking them. It is enough to say that before three boxes were used I began to feel better, and from that on I grew stronger every day. By the time I had taken nine or ten boxes I was once more enjoying the blessing of perfect health. No symptoms of the old trouble remain, and I am confident Dr. Williams' Pink Pills saved my life."

Mrs. J. W. Clark, Sr., Boston, Ont., writes:—"I have received great benefit from the use of Dr. Williams' Pink Pills. I suffered a great deal from a complication of troubles, rheumatism, liver complaint and heart trouble all adding to my misery. A thorough use of the pills cured me and now at the age of fifty-two all the aches and pains have left me and I am enjoying the very best of health. I will always have a word of praise for Dr. Williams' Pink Pills."

SEPTEMBER-1904

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Dr. Williams' Pink Pills for Pale People are good for every disease that good blood is good for, simply because they make good blood.

Motherly Advice

From One whose Daughter was Restored to Health

All the freshness of youth, the rosy cheeks and bright eyes of girlhood, the charms of budding womanhood, are due to pure, rich blood and healthy nerves. When the face is pale and the eyes lack lustre, when there are headaches and backaches, shortness of breath and palpitation of the heart, the blood is seriously out of condition, and decline and consumption may well be feared. In emergencies of this kind there is no medicine so certain in its beneficial results as Dr. Williams' Pink Pills. Every pill makes new, rich blood, strengthens the nerves and puts the sufferer on the road to health. Proof of this is found in the case of Miss Bertha Milloy, Port Dalhousie, Ont. The story of this young lady's restoration to health is told by her mother as follows: "A few years ago my daughter Bertha began to decline in health. Among the early symptoms were loss of appetite, loss of strength and an aversion to exertion. These were followed by severe headaches, and sometimes fainting fits; her color left her and she was greatly reduced in flesh. In fact her condition was such that I feared she would go into consumption. We tried a number of medicines but they did not help her; then a doctor was called in, but there was no improvement, and things looked very hopeless. At this stage acting on the advice of a lady friend (who, by the way, was studying medicine and is now practising in Chicago) I started giving her Dr. Williams' Pink Pills. In the course of a few weeks there was a decided improvement in her condition, and by the time she had taken nine boxes she was again enjoying perfect health. During her illness her weight was reduced to ninety-five pounds and while taking the pills it increased to one hundred and ten pounds. My advice to other mothers who have weak or ailing girls is to lose no time in giving them Dr. Williams' Pink Pills."

Nearly all the ills of life are due to bad blood, and they are cured by Dr. Williams' Pink Pills simply because these pills make new, rich blood, thus bringing strength to every part of the body. That is the whole secret, and is the reason why these pills have cured after other medicines have failed.

AFTER EFFECTS OF PNEUMONIA

Mr. Wm. Purdy, of Quinn Post Office, Kent Co., Ont., says:—"I have just cause to be thankful to Dr. Williams' Pink Pills, for I know that they saved the life of my little girl, who had a severe attack of pneumonia when she was about four years old. For two years after she was weak and pale; notwithstanding we tried remedies and doctors' medicines, she continued to grow weaker, and at last we became hopeless of saving her life. I was advised to try Dr. Williams' Pink Pills, and there was such a change in her condition after she had taken one box that I got three boxes more, and when they were finished our little girl was strong and healthy again. She is now rosy-cheeked and enjoying the best of health, thanks to Dr. Williams' Pink Pills."

WEAK AND NERVOUS

Thousands of people throughout this country suffer continually from nervousness—their blood is poor and watery; their nerves unstrung and jaded. They are pale, weak, and life is a burden to them. There is only one sure means of ridding yourself of this trouble and that is through the use of Dr. Williams' Pink Pills—their mission is to make new, rich, red blood and strengthen the nerves. Concerning them Mr. D. W. Daley, Crystal City, Man., writes:—"I have used Dr. Williams' Pink Pills with wonderful results. Before using them I was weak and nervous, my blood was poor; I was pale and suffered much from heart trouble. Now, after the use of nine boxes of the pills, my nerves are strong; my blood is pure and rich; I have a good color and my heart action is regular. I think there is no medicine can equal Dr. Williams' Pink Pills for these troubles."

Life on a Farm

A Place where Woman's Work is Never Done. The Reason why there are so Many Prematurely Aged and Worn Out Women.

It has been very truly said that "woman's work is never done," and this is, perhaps, especially true when applied to the wives of Canadian farmers, who are kept busy with their manifold duties from daylight till dark, and who find, even under the most favorable circumstances, but little time for relaxation and social enjoyment. They are a class of women whose pluck and endurance everyone must admire; they are help-mates in the broadest sense of the word, and unfortunately too often pay the penalty either in a complete breakdown of health, or in prematurely aged appearance. A case in point is that of Mrs. J. Marais, the wife of a well known and well-to-do farmer, living near Riviere du Loup, Que. Mrs. Marais is the mother of a large family, and like her husband, was ambitious for their welfare. As a consequence she overtaxed her strength, and after the birth of her last child failed to regain her former health. Several months passed and still Mrs. Marais was confined to her bed. Her strength had completely passed away. She was troubled with headaches, was extremely nervous, subject to pains in the back, and unable to take food with relish. She was under the care of more than one doctor, but did not regain her strength, and her family and friends believed that there was but little hope for her recovery. Then a neighbor strongly advised her to try Dr. Williams' Pink Pills, and she began doing so. Soon, under the use of the pills, she began to recover her strength, was able to be up and go about. Day by day further beneficial results followed the continued use of the pills until after the use of eight boxes Mrs. Marais was fully restored to her old-time health and vigor. She speaks of Dr. Williams' Pink Pills in very warm terms, and loses no opportunity to praise them.

Dr. Williams' Pink Pills are a boon to overworked, weary and despondent women everywhere. Every pill helps increase the flow of rich, red blood through the veins, stimulates the nerves, and in this way restores health, strength and vitality. Only the genuine pills can do this, however, and the purchaser should see that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around every box.

OCTOBER = 1904						
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Pale cheeks made rosy, dull eyes made bright, thin arms and busts made plump—that's the every day work of the great blood builder and nerve tonic, Dr. Williams' Pink Pills for Pale People.

A Mother's Praise

Dr. Williams' Pink Pills Restored her Daughter's Health After Other Treatment had Failed.

"I honestly believe that Dr. Williams' Pink Pills is the best medicine in the world," says Mrs. James Quinn, of Port Dalhousie, Ont. "I think that had it not been for this medicine my daughter Eva might now have been in her grave. My daughter is now sixteen years of age, and for several years prior to the spring of 1902 had been in very poor health, and notwithstanding all we did for her, her condition was constantly growing worse. The troubles were those incident to growing girlhood, and began with weakness and loss of appetite. The color left her face, she was subject to severe headaches and frequent spells of dizziness, and fell away greatly in weight. Sometimes she would have distressing attacks of heart trouble, and I often feared these would end fatally. She was for a long time under the care of a good doctor, but did not improve in health—in fact she was steadily growing weaker. I read one day of a similar case cured through the use of Dr. Williams' Pink Pills, and decided to try them. The use of a few boxes made an undoubted improvement in her condition. She continued taking the pills until she had used six or seven boxes, by which time she was once more enjoying the blessing of perfect health. Since that time she has been well and strong, and I feel that we owe her good health, if not her life itself, to Dr. Williams' Pink Pills, and I cannot too strongly advise mothers who have weakly daughters to give this medicine a fair trial."

Dr. Williams' Pink Pills have cured thousands of cases like that of Miss Quinn. The whole secret is that they make new, rich, red blood; feed the nerves, and thus go to the very root of the trouble. These pills will cure all diseases that have their origin in poor blood or weak nerves.

DIZZINESS AND VOMITING CURED

Mr. James A. Pennell, McGregor, Man., writes:—"I think I would be ungrateful if I did not write and let you know what your Dr. Williams' Pink Pills have done for me. About a year ago I was taken with dizziness in the head, followed by severe vomiting. I consulted a doctor, who told me I must quit all kinds of work. I kept quiet all summer and seemed to get all right, but a few months later the trouble returned. My local doctor then advised me to go to Winnipeg and consult a specialist. I did so and the specialist wrote my doctor here telling him what to do. The treatment did me no good, and while I was at a big expenditure for it I seemed to be getting worse all the time. A friend advised me to take Dr. Williams' Pink Pills, I did so, and I can tell you honestly that I have never had a bad spell since. More than this, my kidneys troubled me and I often had to get up five or six times during the night, and this trouble has also disappeared. I am still taking the pills and intend continuing to do so for some time. I wish you every success in the good work your pills are doing."

Mrs. A. Moore, Carleton Place, Ont., says:—"I was attacked with measles, and following this trouble I was left in a very weak condition, with my blood poor and watery. I had used Dr. Williams' Pink Pills before with good results, and I decided to try them again, and the result is that I am as well as ever I was in my life. I have recommended the pills to other friends and will always use them myself when I feel unwell."

Bad blood makes you liable to cold. A cold makes you liable to twenty diseases. Fortify yourself at once with that great blood builder and nerve tonic, Dr. Williams' Pink Pills for Pale People.

Well and Strong

After Eleven Years of Great Suffering. A Wonderful Tribute to the Power of Dr. Williams' Pink Pills.

Proof upon proof has accumulated that Dr. Williams' Pink Pills will cure when doctors, hospital treatment and all other medicines fail. Paralyzed limbs have been restored to strength, rheumatic sufferers made well; weak, anaemic girls and women made bright, active and strong; neuralgic pains banished, and the poor dyspeptic given a new digestion when it seemed almost hopeless to expect a cure. Here is a bit of strong proof that Dr. Williams' Pink Pills bring health and strength after years of suffering. Mr. Louis Brien is a well known resident of St. Didace, Que., and tells of his years of suffering as follows: "Eleven years ago, while working in the bush, I strained myself and brought on terrible pains in my stomach and back, where the trouble seemed to locate. I had frequent fits of vomiting, which caused much distress. Sometimes I could work, and then again for months at a time I would be wholly unable to do anything; but even at the time I could work I was always suffering. At different times I was treated by three doctors, but they were unable to help me. Then I went to Montreal and put myself under the care of a doctor there. His medicine relieved me while I was inactive, but as soon as I attempted work or exertion of any kind, the pains returned, worse than before. All this time I was growing weaker and less able to resist the inroads of the trouble. Then Dr. Williams' Pink Pills were brought to my notice and I began to use them. From that time I began to regain my health and by the time I had used thirteen boxes I was once more a well, strong man. The proof of this is that I can do as hard a day's work as anyone and never have the slightest symptoms of the old trouble. I am only sorry that I did not know of the pills sooner. They would have saved me much suffering and money as well."

With such proof as this, that even apparently hopeless cases can be cured, there can be no reasonable doubt that Dr. Williams' Pink Pills will restore health in all cases where given a fair trial.

Mrs. A. Lewis, Glen Major, Ont., says:—"For eight months I suffered so much from piles that I was unable to work or go on a journey. I tried everything I could hear of, but nothing relieved me until I tried Dr. Williams' Pink Pills. I have taken five boxes in all, and the first week after using them terminated the piles. I continued the pills until I had taken the five boxes, and I feel that the cure is permanent, as I have had no return of the trouble for fourteen months."

NOVEMBER = 1904

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Build up your blood supply and tone up your nervous system with Dr. Williams' Pink Pills for Pale People and you won't leave anaemia, neuralgia, indigestion or rheumatism a leg to stand on.

A Winter Scourge

La Grippe, or Influenza, Responsible for Hundreds of Untimely Deaths.

La grippe starts with a sneeze—and ends with a complication. It lays a strong man on his back ; it tortures him with fevers and chills, headaches and backaches. It leaves him a prey to pneumonia, bronchitis, consumption and other deadly diseases. You can avoid la grippe by fortifying your system with Dr. Williams' Pink Pills. They protect you ; they cure you ; they up-build you ; they banish all evil after-effects. Dr. Williams' Pink Pills ward off all winter ailments. They cure all blood and nerve disorders. They are the greatest blood-builder and nerve tonic that science has yet discovered. We know this to be the solemn truth, but we do not ask you to take our word alone. Ask your neighbors, no matter where you live, and you will learn of someone who has been cured by Dr. Williams' Pink Pills, after other medicines have failed. It is upon the evidence of your neighbors that we ask you to give these pills a fair trial if you are sick or ailing. Mrs. Emma Doucet, St. Eulalie, Que., says :—“ Words can hardly tell how pleased I am with Dr. Williams' Pink Pills. I had an attack of la grippe which left me a sufferer from headaches and pains in the stomach. I used several medicines, but nothing helped me until I began the use of Dr. Williams' Pink Pills. When I began them I was weak and very much run down. The pills have completely cured me and I not only am as strong as ever, but have gained in flesh.” The genuine pills always bear the full name, “ Dr. Williams' Pink Pills for Pale People.” on the label around every box. Substitutes can't cure and to take them is a waste of money and endangers life.

IN DECLINING HEALTH

Mrs. Wm. Hogg, Chippewa, Ont. writes :—“ It is with great pleasure that I add my testimony to the many others cured through the use of Dr. Williams' Pink Pills. A few years ago I was in declining health, I had scarcely any appetite and decreased in weight. I suffered almost continually from headaches, my rest was disturbed, and at times I was not able to attend to my household work and I grew much discouraged. My sister had been restored from a serious illness through the use of Dr. Williams' Pink Pills, and I decided to try this medicine. The result was surprising from the start. My appetite returned, the headaches disappeared and I soon regained my old-time vigor. I wish the afflicted all over this land would use these pills, for I am sure they would do them as much good as they have done me.”

Miss Clara Lusk, Zimmerman, Ont., says :—“ I have received great benefit from the use of Dr. Williams' Pink Pills. I had been troubled with poor and watery blood, and ailments that make so many of my sex miserable, but the use of the pills has completely restored me, I can highly recommend them to all ailing girls and women.”

Mrs. Nazaire Pelletier, Les Escoumains, Que., says :—“ For three years past I have suffered from weakness, loss of appetite and poor blood. I found nothing to help me until I began the use of Dr. Williams' Pink Pills, and a half dozen boxes of these have made me feel like an altogether different person. I am more than satisfied with the result and will be glad if my experience will be of benefit to some other sufferer.”

The health of every person depends upon pure, rich, red blood. That is why people who take Dr. Williams' Pink Pills are always healthy. These pills actually make new blood with every dose.

Sciatica Cured

Mr. George Carey, manager of the Parnell-Dean bread agency, Tilbury, Ont., suffered terribly a few years ago from sciatica, and for one whole summer he could not dress himself. To a reporter of the Tilbury News Mr. Carey said:—"I got wet a few years ago and as a consequence was afflicted with sciatica. The pain I suffered was something awful and I could scarcely bear to have anything touch one of my legs. During one whole summer I was confined to the house and after I had taken medicine from a couple of doctors, and had tried a number of remedies that were recommended to me, and had derived no benefit, I was advised to try Dr. Williams' Pink Pills. They did me good almost from the start, and soon released me from the trouble, and I have not since had a twinge of it. I have therefore good reason to praise Dr. Williams' Pink Pills."

COULD HARDLY WALK

Mr. Antoine Gallant, Cape Egmont, P. E. I., says:—"I think that Dr. Williams' Pink Pills are the best medicine in the whole world. In April, 1901, our boy, who is now eighteen years of age, took pains in the legs and hips, and became so weak that he could scarcely walk across the floor. He was delicate, had no appetite and took cold very easily. I sent for Dr. Williams' Pink Pills and before he had taken two boxes he began to get better, and after taking the pills for about two months he was perfectly well, the pains had left him, his appetite was good and he began to grow stout. His health continued good until June, 1902, when he was shingling on a roof and was suddenly attacked with dizziness. Then he began to get nervous and could not sleep at night. We again sent for Dr. Williams' Pink Pills, and once more they have restored him to health. He now eats and sleeps well and is no longer troubled with his nerves. I have no hesitation in recommending Dr. Williams' Pink Pills for nervous disorders."

NERVOUS PROSTRATION CURED

Mrs. Thos. Leisha, Katrine, Ont., says:—"I think it my duty to write you and let you know the great good your Dr. Williams' Pink Pills have done me. My health was completely exhausted. I was subject to fainting spells and severe nervous headaches. I had no appetite and at times it was impossible for me to do any work about the house. I tried several doctors and took their medicine but it did not help me in the least. A friend suggested that I should try Dr. Williams' Pink Pills, and after using about a dozen boxes I am once more enjoying perfect health. I believe I would not be alive to-day but for the wonderful cure Dr. Williams' Pink Pills have made in my case, and with great thankfulness I strongly recommend the pills to all weak and ailing women."

DECEMBER = 1904

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Dr. Williams' Pink Pills are not common purging pills. They are tonic pills, and every dose makes new, rich, red blood—that's why they make people strong.

Consumption Cured

Mr. Moise Arvisais is a prosperous and well-known farmer in the parish of St. Prosper, Champlain County, Que. To a representative of the Shawinigan Falls Industriel, who lately had the good fortune to enjoy the hospitality of the Arvisais family, Mr. Arvisais gave the particulars of an illness which brought him near death's door, and told how he recovered from it. Mr. Arvisais' story is substantially as follows:—"The life of a farmer is at no time one of ease, but the work of harvesting is particularly laborious. In September, 1901, I was working hard getting in my grain. The day was very warm and I perspired freely. That night I was seized with chills. I took a glass of liquor, which warmed me somewhat, but on arising next morning I found that I had a very sore throat, and this was followed by feverishness and a severe cough. My wife sent for a doctor, and he gave me medicine which somewhat eased the cough, but all he could do apparently could not rid me of it. Then my appetite began to fail and I found myself unable to work about the farm. This distressed me much, as I had a young family to provide for. Two months went by and I was growing weaker all the time. The cough was growing worse and I spit a great deal. The doctor suggested a consultation and called in two others, who said I was suffering from consumption and that my case was hopeless. My wife had before this urged me to try Dr. Williams' Pink Pills, and now insisted on my doing so. More to please her than from any hope of benefit I consented to take them. Judge my surprise, however, before the second box was gone I began to feel easier, and the cough did not rack me so much. After taking a few more boxes the coughing became less frequent, my appetite grew better, and I began to gain in strength and awoke refreshed from my sleep at night. I continued using the pills for a couple of months longer, and you can see for yourself that I am a well man now. That I am well, thanks must be given to Dr. Williams' Pink Pills, and I am a living witness to their great value."

CONFINED TO THE HOUSE

Miss Della Goodwin, Yarmouth, N.S., says:—"During the summer of 1902 I was taken with a very severe cold, which I treated with several kinds of medicine, but found no relief. The cough was very bad, especially at night, and I lost much sleep. This, with the loss of appetite, left me so weak that ultimately I was confined to the house. While in this condition I was stricken with congestion of the liver, which further weakened me. I was strongly advised to try Dr. Williams' Pink Pills and knowing that they had helped some friends of mine, I decided to try them. Before I had finished the third box my condition was much improved and after taking some nine or ten boxes in all I was again well and strong. I would advise any young girl who is not well to give Dr. Williams' Pink Pills a trial."

Mr. Benjamin Green, Albert Canyon, B. C., says:—"My daughter, thirteen years of age, is very tall for her age, and was weak in the back, and suffered from bleeding at her nose very often. Her appetite was poor and she had absolutely no color in her face. We began giving her Dr. Williams' Pink Pills, and since then she seems an altogether different girl so far as her health is concerned. I think the pills a splendid medicine."

Every woman knows that health and regularity of the functions depend upon good blood. That is why so many women take Dr. Williams' Pink Pills—the great blood builder—regularly.

Shaky Nerves

When your nerves are shaky your self-control is shattered—your will power is broken. Sudden sounds startle you; your temper is irritable; your hands tremble; there is weakness in your knees; your skin is pale and parched; you are restless at night and tired when you wake. It all comes from nervous exhaustion, perhaps due to overwork and worry, late hours, hot days, and want of blood. Dr. Williams' Pink Pills is the only cure. They make new, rich, red blood. They brace up jangled nerves and strengthen tired backs. They give health and energy to dull, weary, despondent men and women. Strong proof is offered in the case of Mrs. Wm. Westcott, of Seaforth, Ont., who says :—"For a long time my health was in a bad state. I was subject to headaches, dizziness and nervous exhaustion. My appetite was poor, and I was so badly run down I could not stand the least exertion. I tried several medicines and consulted different doctors, but they did not help me any. One of my neighbors strongly urged me to try Dr. Williams' Pink Pills, and before the second box was finished the turning point for the better had been reached, and by the time I had used a half dozen boxes, to the surprise of my friends and neighbors I was again enjoying good health, and have since been strong and well. I do not know anything to equal Dr. Williams' Pink Pills when the system is run down."

Mrs. Sol. Devine, Petawawa, Ont., writes :—"For years I was bothered with a sore leg. At times it was so painful that I could hardly walk. Once before when I was suffering with rheumatism I had been cured through the use of Dr. Williams' Pink Pills, so I decided to give them a trial in this case. I am well pleased that I did so, for before I had used many of the pills I found relief and now I am in the best of health. I think the pills worth their weight in gold and would recommend them to all other sufferers."

Mrs. Thos. W. Mullin, Exmoor, N.B., writes :—"For three years I was a great sufferer from a complication of troubles, chief among which was rheumatism. For over three months I was confined to my bed and my friends thought I would never recover. I spent a great deal of money on different remedies and doctors' treatment—but nothing helped me till I began using Dr. Williams' Pink Pills. Then the intense pains ceased, the stiffness left my joints, all swelling disappeared, and I grew active again and could once more do my work without the least inconvenience."

Mrs. Peter O. Boudreau, Burnsville, N. S. says :—"For three years I suffered almost continually from a severe pain in my side. At times it was so bad that I could scarcely walk, and the least exertion would fatigue me. I had tried a number of remedies without benefit, when I decided that I would take Dr. Williams' Pink Pills. I used in all seven or eight boxes with the result that I am now perfectly well."

Mrs. A. Matheson, Grand River, N. S., says :—"I suffered from some stomach trouble which the doctors did not seem able to account for or help. My body would bloat clear to the feet. I went to the Hospital at Halifax, but found no benefit. Then I began the use of Dr. Williams' Pink Pills, and this was the first medicine that helped me. After using the pills for a time I was completely cured, and although I am now sixty-eight years of age I feel as well as in my young days. I have recommended the pills to some of my friends, and those who have used them have always been benefited."

Bad blood is the cause of all the headaches, backaches, rheumatism, indigestion and a score of other diseases. Bad blood—disease—cannot exist in any system that is fortified by the use of Dr. Williams' Pink Pills.

BABY'S OWN TABLETS

(REGISTERED)

A GENTLE LAXATIVE AND COMFORTING MEDICINE
FOR INFANTS AND CHILDREN.

Replaces with great Advantage Castor Oil, Senna, and other
Nauseous, Bulky and Gripping Drugs.

GUARANTEED TO CONTAIN NO OPIATE OR NARCOTIC.

It is a well known fact that troubles of the stomach or bowels either cause or aggravate nearly all the minor ailments to which infants and young children are liable. If the stomach is right and the bowels regular the little ones will thrive well, and be good natured and happy.

Baby's Own Tablets clear away all offending materials in a thorough but gentle manner. They reduce fever, break up colds, relieve croup, expel worms, check diarrhoea, prevent constipation, cure colic, sweeten the stomach, allay the irritation accompanying the cutting of teeth, quiet the nerves and promote sleep and repose.

Baby's Own Tablets should be kept constantly on hand in every home where there are little ones. Emergencies come quickly, and the prompt use of the tablets may save a precious little life. Mothers who once use Baby's Own Tablets will never again resort to the harsh purgatives that gripe and torture baby, nor to the so-called "soothing" preparations which always contain poisonous opiates or narcotics. The Tablets can be given with safety and a certainty of good results to even a new born babe. For very young infants the Tablets can be given either crushed to a powder or dissolved in a spoonful of water. The Tablets have no drug taste, and are taken by children as readily as candy.

Teething—Mrs. A. R. Nelles, Thessalon, Ont., writes:—"I think there is no medicine to equal Baby's Own Tablets for small children. When my baby was five months old she was very sick. I tried several medicines, but they did her no good. I then sent for the tablets, and from the outset they were of assistance to her. Later when she was teething we found the Tablets equally beneficial. The effect of the cutting teeth seemed to disorder her stomach, and she did not retain her food, and at one time we thought that she might not get better. I again gave her the Tablets with the same beneficial result as before. She is now fifteen months old, and is very greatly improved in health. I can recommend the tablets to all mothers who have sickly children."

Diarrhoea—Mrs. W. E. Bassam, Kingston, Ont., says:—"I began using Baby's Own Tablets when my little girl was about three months old. At that time she had indigestion badly; she was vomiting and had diarrhoea constantly, and although she had an apparently ravenous appetite her food did her no good, and she was very thin. I did not get any medicine to help her until we began giving her Baby's Own Tablets. After giving her the Tablets the vomiting and diarrhoea ceased and she began to improve almost at once. Since then whenever her stomach is out of order or she is constipated we give her the Tablets, and the result is always all that we desire. They are the very best medicine I have ever used for a child."

Indigestion—Mrs. Walter Rollins, Sisson Ridge, N.B., writes:—"It is with great pleasure that I write to tell you the benefit your Baby's Own Tablets were to my baby. Until she was three years old I scarcely had her out of my arms. She was almost continually crying, appeared to have a ravenous appetite, but her food did her no good. She did not appear able to digest it, and would throw it up almost as soon as taken. I sent for a box of Baby's Own Tablets, and before the box was half gone she was better; her food remained on her stomach, and she has since been fat and healthy. I have used the Tablets for other troubles of little ones, and can truthfully say that I have never had a medicine act so promptly and give such strong satisfaction. I think that the Tablets are all that you claim for them.

Constipation—Mrs. Parker L. Sabeen, Mount Rose, N.S., writes:—"I cannot speak too highly of your Baby's Own Tablets for little ones. My baby was so badly constipated that he would not have any passage of the bowels for four or five days at a time. I was giving him doctor's medicine all the time, but it did not help him. I saw Baby's Own Tablets advertised and sent for a box, and since that time have not had any trouble with baby, for before a box was used they cured him. I can recommend them to all mothers, as I do not think there is any medicine that can equal them for little ones."

Colic—Mrs. Louis Reville, Gawas, Ont., says:—"When my baby was three months old he was always sick, and was troubled with colic. He cried a great deal, and was very sleepless. I saw Baby's Own Tablets advertised and sent for a box, and after giving him the Tablets he was perfectly well. He is now a year and a half old, and is a healthy, rugged child, credit for which I give Baby's Own Tablets."

Worms—Mrs. A. Sauvie, Rowanton, Que., says:—"My boy was badly troubled with worms and was feverish and restless. I got a box of Baby's Own Tablets and since giving them to him all signs of the worms have disappeared, and he is now in good health and bright and cheerful. I think Baby's Own Tablets have no equal as a medicine for this trouble."

Vomiting—Mrs. Iver Reynolds, Sharbot Lake, Ont., writes:—"I think very highly of Baby's Own Tablets. My baby was ill and vomited almost continually, but before I had given her a box of the Tablets she took a change for the better, and is now completely cured. Her food seems to agree with her better, and she is growing nicely. I have never found a more specific medicine for baby ailments, and would not like to be without the Tablets in the house."

Simple Fever—Mrs. Xavier Manie, Stoney Point, Ont. says:—"I must tell you that I consider your Baby's Own Tablets a wonderful medicine for children. I have a baby boy and a little girl. My little girl was constantly feverish, had no appetite and was very pale. My baby boy was cutting his teeth, his bowels were irregular, and he was very cross. I gave them the Tablets and they are not like the same children, they have done them so much good."

Colds—Mrs. James R. McDermid, Martintown, Ont., says:—"I have used two boxes of Baby's Own Tablets, and I find them the best medicine for baby I have ever used. They break up colds, cure sour stomach and the other little ills with which babies are troubled. They have made my baby bright, strong and healthy, and I would not be without them."

Sore Mouth—Mrs. Benjamin Brooks, Murray, Ont., writes:—"My baby suffered very severely from sore mouth and we tried four doctors without obtaining any permanent benefit. I saw Baby's Own Tablets advertised and got them for him, and they are certainly the best medicine for little ones that I have ever used. My baby's mouth speedily healed and he is now fat and healthy. I keep the Tablets in the house at all times and would advise other mothers to do so also."

Infantile Cholera—Mrs. Rachel Broderick, 400 Centre St., Point St. Charles, Montreal, Que., writes:—"I am pleased to be able to testify to the benefit Baby's Own Tablets have been to my children. When I purchased the first box my youngest child was very ill with infantile cholera. By giving him the tablets and dieting him according to directions, he was quite well in a few days. In my opinion there is no medicine equal to Baby's Own Tablets for little ones."

Convulsions—Mrs. A. Boutillier, Ingram River, N.S., writes:—"Baby's Own Tablets have been a great benefit to my baby. Before I gave him the Tablets he was troubled with convulsions at frequent intervals, but has since been free from them. Every mother should use these Tablets for her little ones."

A Guarantee—Milton L. Hersey, M. A. Sc. (McGill College), Government Analyst for the Province of Quebec, says:—"I hereby certify that I have made a careful chemical analysis of Baby's Own Tablets, which I personally purchased in a drug store in Montreal, and said analysis has failed to detect the presence of any opiate or narcotic in them."

To Mothers Only—Any mother who will send us her name and address, plainly written on a post card, will be sent free of all cost a valuable book on the care of infants and young children.

Baby's Own Tablets may be had from druggists or will be sent post-paid on receipt of 25 cents by addressing

**THE DR. WILLIAMS MEDICINE COMPANY,
BROCKVILLE, ONT.**

BABY'S OWN POWDER.

(REGISTERED.)

FOR THE NURSERY AND ALL TOILET PURPOSES.

**A Perfectly Pure, Antiseptic and Refreshing Skin Powder—
Good in all Conditions of the Skin.**

Baby's Own Powder soothes and allays all heat, chafing, irritation, eczema and every other form of skin disturbance. Chafing is impossible when Baby's Own Powder is used.

Through its soothing, cooling properties Baby's Own Powder gives immediate relief when applied to persons suffering from prickly heat, scarletina, measles, chicken pox, etc. It prevents excessive or offensive sweating of the feet, arm-pits and other parts of the body, and removes offensive odors. After shaving it is unexcelled. For the complexion it is unequalled. For tan, sunburn, bites of insects, it is cooling and curative.

As a dentifrice it is most desirable. It cleanses the teeth, sweetens the breath and hardens the gums. In fact, there is no toilet purpose for which a powder can be used in which Baby's Own Powder will not be found superior to all others.

Baby's Own Powder may be had from druggists, or will be sent post-paid on receipt of 25 cents by addressing

**THE DR. WILLIAMS MEDICINE COMPANY,
BROCKVILLE, ONT.**

NASAL BALM

A POSITIVE CURE FOR CATARRH AND COLD IN THE HEAD

Is Easy to Use, Pleasant and Agreeable, and Never Fails.

As an almost instant relief for cold in the head, and a positive cure for Catarrh, no other remedy can take the place of Nasal Balm. It is speedy in its effect, soothing, cleansing and healing, and at the first symptoms of cold in the head—always a forerunner of Nasal Catarrh—Nasal Balm should be at once applied, and all traces of this disagreeable malady will soon pass away. Where Catarrh has become seated, there is great danger that it will develop into consumption, and treatment should be persisted in until all the symptoms have passed away. Among the evils which attend Catarrh are constant hawking and spitting, loss of senses of taste and smell, partial and sometimes entire deafness, dizziness, dull, heavy headache, and offensive breath. A faithful use of Nasal Balm, according to directions, will soon effect a thorough cure.

Sold by all dealers, or sent, post-paid, at 50 cents for small size, or \$1.00 for large size bottle, by addressing

The Dr. Williams' Medicine Co., Brockville, Ont.

Hanson's Magic Corn Salve

A CERTAIN, SAFE AND PAINLESS REMEDY FOR THE REMOVAL
OF CORNS.



THE DIRECTIONS SAY
"The Salve is to be applied
just before retiring."



AND THAT
"On arising, if the foot be soaked
in warm water, the corn may
easily be removed."

Sold everywhere at 15 cents for small size or 25 cents for large size box, or sent post-paid by addressing

The Dr. Williams' Medicine Co., Brockville, Ont.

HOW TO GAIN HEALTH.

A Simple Plan that should be followed by all who are sick.

IF you could buy back your health on the instalment plan—say 50 cents a week, for a limited number of weeks, until cured—would you do it? Here is a plan worth trying:—Taking into account their power to cure, DR. WILLIAMS' PINK PILLS are the most economical medicine, without exception. These pills have cured hundreds of cases where ordinary medicine had been tried and failed. They have restored helpless invalids to full use of limbs that had long been powerless. That is the best guarantee that these pills will not disappoint when used for similar ailments. Taking one pill after each meal, (as required for minor troubles) a fifty-cent box of these pills gives nearly two weeks' treatment. For chronic diseases, when the larger dose is required, the cost of treatment does not usually exceed fifty cents a week. If you are sick or ailing, is it not worth your while to give so effective a medicine as DR. WILLIAMS' PINK PILLS a trial? What the pills have done for other people they can do for you. Every dose makes the new, rich, red blood that brings robust health and strength.

It should always be borne in mind that these pills are never sold in loose form or in bulk, by the dozen or hundred, but always in neat, round boxes about two inches in length, the wrapper around which bears the trade mark: "DR. WILLIAMS' PINK PILLS FOR PALE PEOPLE."

The engraving on the back of this cover is an exact representation of the appearance of each box. The wrapper is printed in red ink and in no other shape can the genuine pills be had. See that the wrapper is on every box you buy, and do not be persuaded to take anything else.

If your dealer does not keep DR. WILLIAMS' PINK PILLS, they will be sent to you by mail, securely packed, and postage paid, on receipt of price, 50c. a box or six boxes for \$2.50, by addressing

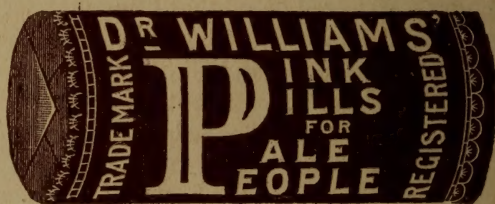
The Dr. Williams' Medicine Co.,
BROCKVILLE, ONTARIO.

DR. WILLIAMS' PINK PILLS

FOR PALE PEOPLE

are not a purgative. They give strength instead of weakening the body. They positively cure all diseases arising from impoverished blood or disordered nerves.

THE GENUINE PACKAGE



ALWAYS LOOKS EXACTLY
LIKE THIS
PRINTED IN RED

***TAKE ONLY THE GENUINE
SUBSTITUTES NEVER CURED ANYBODY***